

Stress Management A Holistic Approach

**TUESDAY,
DECEMBER 16, 2008**
9:30 am–12:30 pm

Community Health Education Center (CHEC)

35 Northampton Street,
5th Floor, Boston, MA 02118
Phone: (617) 534-5181
Fax: (617) 534-5485



As an Outreach Educator do you feel that:

- ◆ You find it difficult to set boundaries with your clients?
- ◆ You feel frustrated when your clients relapse?
- ◆ You feel you are being pulled in multiple directions?
- ◆ You are feeling ineffective?
- ◆ Your work expectations are unrealistic?

This workshop will focus on a holistic approach to stress management. You will learn about the mind/body connection and some practical tools for taking care of the mind, body and spirit. You will learn how to identify stressors and practice healthy coping mechanisms to overcome them.

Trainings are free of charge, but you will be held to CHEC's policies. Deadline for registering is December 12, 2008.

Date: _____ Name/Title: _____

Organization/Program: _____

Full Address: _____

_____ Email: _____

Telephone: _____ Fax: _____

Supervisor's name: _____

Telephone: _____ Email: _____

Do you need individual arrangements (i.e., ASL)? : _____

**For more information, please call Luisa Tavares at (617) 534-2432. Fax number is 617-534-5485
With validation parking is now \$5.00. Participants must bring their parking ticket for validation.
Participants will be responsible for the entire parking fee if ticket is misplaced,
participant arrives late, leaves early or is turned away.**